

Cross Country Skiers

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"My goal is to ski the best I can," said a winded Marcus Nash as he recovered from his ergometer ride.

His objective may be understated but Nash could be the U.S.'s best hope to win gold.

Like Wadsworth, Nash also competed in Lillehammer and Nagano. After a 65th-place finish in Lillehammer, Nash took 30th in the 250-kilometer race at Nagano. Now ranked at 42 in the world, the 28-year-old Maine resident plans to improve his standing and prepare himself for 2002 at the same time.

As soon as Nash left Soldier Hollow, he headed for Europe to test some new skis. He'll then return to his training base in Lake Tahoe, Calif. for high volume training.

"Lake Tahoe is the perfect place to train," Nash said. The elevation is 1,900 meters and the conditions are great. And where are the worst conditions? Nash doesn't hesitate with an answer "Japan. I've skied in a lot

of places and kind of gotten used to the different conditions, but I've never had a good race in Japan."

"I plan to ski in 25-30 races this winter on the World Cup circuit," Nash said. Although skiing every World Cup race can be stressful for any skier, Nash believes it's necessary to do so in order to improve his standing.

"This is a good year to experiment," Nash said. "By training here, we can pinpoint how people react to a lot of high intensity training at a high altitude."

Even as Nash eyes this winter's National Championships and the 2001 World Cup at Soldier Hollow, he admits it will be a struggle to top the Europeans. "It takes a real expert to do well at all the World Cup events. This year, they're implementing a schedule where there will be two back-to-back races in one day. The North Americans can adapt, but it's a European game."

Nash was happy with his performance last year, excluding the

World Championships. "My best race came last year when I placed 26th in the 30-kilometer. But I was disappointed with my performance at Worlds. I did well all season except at World Championships."

There are 17 races that lead up to World Championships and Nash plans to be in every one. "I finished in the top 30 in three races last year," said Nash. "I want to do better than that this year." Nash's comments concerning his own ability may be sparse but on the ski course, his actions speak volumes.

Massachusetts may be home for Patrick Weaver but the fifth-year U.S. Ski Team member has claimed Bend, Ore. as his territory.

"Bend is a small town with good skiing at high elevation," Weaver said. "Training there gives the U.S. an edge over other teams." Weaver shares the mountains around Bend with teammate Wadsworth and feels the same way about why the U.S. holds an advantage in 2002.

"There are so many places here at home where a skier can train. The Norwegians have to come up to altitude. It's not normal the way they train and race."

Weaver also feels the new format of holding two races in one day as well as a new sprint and distance race with a mass start bodes well for the U.S.

"This is completely new for everybody so it gives the underdogs a chance." Weaver does feel the U.S. is behind the best skiers in the world but said, "We do better every year. With two races in one day, no one knows what effect it will have."

Weaver has been to the World Championships twice but couldn't fare any better than 40th. "This year I'm trying to focus on endurance in the longer distances," Weaver said as he prepared to mount the ergometer. "I dream of winning gold every day, but realistically I recognize that I need to take it one step at a time."

Friday's workout was Weaver's second visit to Soldier Hollow and he is eagerly anticipating the arrival of snow. "This is a great location," Weaver said. "Hopefully, it will be a legacy after the Olympics with training facilities and warming huts. It should generate interest so people from all over the world will come. I think this is just the beginning of the development of a world-class ski venue."

County Sports, Activities & Recreation Schedule Month at a Glance Events Scheduled

Water Aerobics, Mondays-Wednesdays, 9-10 p.m., Wasatch Middle School

Participate in what is considered to be one of the best all-around fitness sports. Cost is \$2 per class

Arts in the Park

Arts in the Park, gives kids a chance to take part in several different fun activities and gives them a creative outlet for their energy. Today's program is at the Heber City park today from 1 to 3 p.m. The program will continue on a schedule of Mondays in Wallsburg, Tuesdays in Midway and Wednesdays in Heber through July. Today's activity is ice cream in a bag. Bring your appetite and \$2.

Wasatch County Soccer Camp July 19-23, 9 a.m.-noon, New park

Bringing world-class coaches to Heber, this low cost camp is for players of all ages and skill levels...from first time players to high school seniors. Customized programs will run half-days throughout the week.

Park City Silver Mine Adventure July 20, 9 a.m.-1 p.m., Wasatch Middle School

Come and experience what it would have been like to work in a silver mine. Transportation to and from the mine is provided. Cost is \$10 and is limited to 15 students

3 On 3 Basketball Tournament July 24, Charleston Park

